

# How Muscles Move You

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## Understanding the Muscular System

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Answer the following questions based on what you learned about the muscular system and how muscles work together.

1. What is the role of flexor muscles in movement?

- A. They straighten joints
- B. They bend joints
- C. They stabilize joints

2. Extensor muscles are responsible for bending the joints.

- True       False

3. Muscles work in \_\_\_\_ pairs to create movement.

4. How do flexors and extensors work together to produce movement?

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5. What does Psalm 139:14 say about how we are made?

- A. We are made to be strong
- B. We are fearfully and wonderfully made
- C. We are made in God's image

6. Muscle pairs help create smooth and coordinated movements through alternating contraction and relaxation.

- True       False

7. The biceps are an example of a \_\_\_\_ muscle, while the triceps are an example of an \_\_\_\_ muscle.

8. What did you learn about the complexity of the muscular system?

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9. Which of the following is a function of the muscular system?

- A. To pump blood
- B. To support bones
- C. To create movement

10. Muscles can work independently without any coordination with other muscles.

- True       False

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### Answer Key

1. They bend joints   2. False   3. coordinated   4. Flexors bend the joint while extensors straighten it. They work together to allow smooth movement.   5. We are fearfully and wonderfully made   6. True   7. flexor, extensor   8. The muscular system is very complex and shows how wonderfully God designed our bodies to work together.   9. To create movement   10. False